

Abstract

Title: Influence of psychological states to sport performance in achery

Purpose:

Main aim is classify fundamental psychological states, which could have main impact on the sport performance and then attest their relation thanks to applied questionnaire, which will be put forward to achers before and after competition to comparison their progressions. After that obtained informations will be analyzed and determited, which way mental condition affects sport performance.

Methods:

For reseearch investigation is used questionnaires method SUPSO, which created Mr. Mikšík in 2004. This method is focused to research and description actual psychological state of human. Questionnaire SUPSO is applied to acrhers from six achery clubs in Czech Republic.

Results:

Used qestionnaire is evaluated after aplication to achery group. From obtained informations is described psychological state of each individual from examined group. There are secured sport results from Czech national championship and is discovered relationship between actual mental condition and sport performance

Keywords:

psychological states, sport performance, questionnaire.